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Ag 84 Pro
Cap 6

How to choose and use **PEACHES**

- RIPEN** . . . peaches at room temperature
(60° to 70° F.).
- STORE** . . . ripe peaches in the refrigerator.
- SERVE** . . . raw in salads, fruit cups, sliced,
or to eat out of the hand.
- . . . cooked in pies, tarts, turn-overs,
puddings, dumplings, and
upside-down cake.
 - . . . stewed in a small quantity of
water for sauce.
 - . . . glazed or broiled for garnish.
 - . . . at any meal—breakfast, dinner,
and lunch.

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Look for peaches that . . .

1. Are fairly firm.
2. Are free from bruises and blemishes.
3. Have a ground color that is whitish or yellowish, depending on variety.

Handle fresh peaches carefully.
They bruise easily.

One pound of peaches provides
4 servings.

One No. 2 can slices provides
5 half-cup servings.

One No. 2½ can slices provides
7 half-cup servings.

One 16-ounce package, frozen,
provides
4½ half-cup servings.

Peaches, like other fruits, are most economical when in season

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- ripe pears in the refrigerator.
- peeled or unpeeled at 350° F. for 45 minutes.
- in a small quantity of water until tender.
- to serve with broiled meat.
- for garnish.
- with ginger, cinnamon, or cloves for dessert.
- in pies, tarts, turn-overs, puddings, dumplings, and upside-down cake.
- in salads, fruit cups, sliced, or to eat out of the hand.

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How to choose and use **PEARS**



U. S. DEPARTMENT OF AGRICULTURE • Extension Service
and State Land-Grant Colleges, Cooperating PA 159

LOOK FOR PEARS THAT ARE—

1. Firm ripe or ripe, but not hard.
2. Free from bruises and blemishes.
3. Of the color for the variety.

They may be green, yellow, greenish yellow, or partially russeted.

One pound provides
3 or 4 servings

One No. 2 can provides
5 half-cup servings

One No. 2½ can provides
7 half-cup servings

RIPEN PEARS

1. In a humid place.
2. At room temperature (60° to 70° F.).

■ ■ ■ ■ Pears that yield to pressure at the base of the stem are ready to eat. ■ ■

STORE . . . in a tightly covered container at room temperature (70° F.).

. . . in the refrigerator during warm weather.

SERVE . . . as sauce.

. . . as confection.

. . . on cereals.

. . . in salads.

. . . in puddings.

. . . in breads, cakes, and cookies.

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How to choose and use **DRIED PRUNES**



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Look for prunes that are—

1. Dry but pliable.
2. Uniform in size.
3. Clean and bright.

Dried fruits—

1. Are usually low in cost.
2. Are high in flavor.
3. Can be held in supply.
4. Add variety to the diet.

1 pound of dried prunes provides 12 half-cup servings of cooked prunes.

Choose from these:

APPLES . . . APRICOTS . . . CURRANTS . . . DATES . . . FIGS . . . PEACHES
PEARS . . . PRUNES . . . RAISINS

STORE . . . at room temperature if not above 70° F., or preferably in the refrigerator.

SERVE . . . halves raw or broiled.
 . . . segments alone, in salad, or in fruit cup.
 . . . juice for breakfast, lunch, and dinner, and for pick-ups.

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How to choose and use ***GRAPEFRUIT***



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U. S. DEPARTMENT OF AGRICULTURE • Extension Service
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Look for grapefruit that are—

1. Firm.
2. Well-shaped.
3. Fairly smooth (skin texture).
4. Heavy for their size.

Russeting, a reddish brown color, does not affect flavor.

Fresh grapefruit, like other fruits, are most economical when in season.

FRUIT

One pound of grapefruit provides 2 to 3 servings of sections.

One No. 2 can provides 5 half-cup servings.

One 16-ounce package, frozen, provides 4 half-cup servings.

JUICE

One No. 2 can provides 5 half-cup servings.

One No. 3 cylinder provides 12 half-cup servings.

One 6-fluid-ounce can of frozen concentrate provides 6 half-cup servings.

Use one or more servings daily of citrus fruits or other foods high in vitamin C. Citrus fruits include GRAPEFRUIT, ORANGES, LEMONS, LIMES, and TANGERINES.

STORE . . . at room temperature if not above 70° F., or preferably in the refrigerator.

SERVE . . . halves and slices for appetizer or dessert.

- . . . segments in salads and in fruit cup.
- . . . juice for breakfast, lunch, and dinner, and for pick-ups.

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How to choose and use ***ORANGES***



U. S. DEPARTMENT OF AGRICULTURE • Extension Service
and State Land-Grant Colleges, Cooperating PA 162

Look for oranges that—

1. Are firm.
2. Are heavy for their size.
3. Have a fine-textured skin for the variety.

Oranges with a slight greenish tinge may be just as ripe as fully colored ones.

Fresh oranges, like other fruits, are most economical when in greatest supply—
from December to May.

JUICE

One No. 2 can provides
5 half-cup servings.

One No. 3 cylinder provides
12 half-cup servings.

One 6-fluid-ounce can of
frozen concentrate provides
6 half-cup servings.

1 pound of fresh oranges provides
2 or 3 half-cup servings
of sections.

Use one or more servings daily of citrus fruits or other high vitamin-C foods.
Citrus fruits include grapefruit, oranges, lemons, limes, and tangerines.

TORE. . . Mellow apples in the refrigerator.
Firm apples at room temperature
or slightly cooler (60°-70° F.).
Away from potatoes or onions, as
apples may absorb odors.
Away from dairy products which
may absorb odors.

USE RAW . . . in salads, fruit cups, sliced, or to
eat out of the hand.

STEW . . . in a small quantity of water.

BAKE . . . peeled or unpeeled at 350° F. for
45 minutes.

GLAZE. . . for garnish.

RY in meat drippings to serve with
fried meat.

PUT in pies, tarts, turn-overs, pud-
dings, dumplings, and upside-
down cake.

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Cap 4

How to choose and use **APPLES**



U. S. DEPARTMENT OF AGRICULTURE • Extension Service
and State Land-Grant Colleges, Cooperating PA 163

Look for apples that are—

1. Firm ripe or ripe.
2. Free from bruises and blemishes.
3. Of good color for the variety.

One pound of apples provides . . .

3 medium apples.

3 half-cup servings of sauce.

One No. 2 can of sauce provides . .

5 half-cup servings.

One pound dried provides

16 half-cup servings, cooked.

CHOOSE APPLES FOR THE PURPOSE

1. To eat raw . . . those pleasing in appearance, texture, and flavor.
2. To bake those that will hold their shape.
3. To stew those that are tart and will cook in a short time.